

To find out about upcoming programming, visit our **Facebook page**, follow us on **Instagram**, or pick up the latest Seniors' brochure at Kay's Place in the Denman Place Mall. To find out more about our past activities please visit **our blog** with posts and photos.

For more information, email welcome@gordonhouse.org, or call **(604) 683-2554** during regular business hours. We hope to see you soon!



604-683-2554



<http://gordonhouse.org>



welcome@gordonhouse.org



1019 Broughton St., Vancouver, BC, V6G 2A7



Gordon Neighbourhood House



[@gordonnhouse](https://www.instagram.com/gordonnhouse)

We acknowledge that Gordon Neighbourhood House is located on the unceded, occupied, ancestral and traditional homelands of xʷməθkwə́yəm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



NOVEMBER 2025 SENIORS' PROGRAMS



Photo by Maria Stanley

PROGRAMS

All programs require current membership. Times subject to change.

Community Lunches Mondays & Fridays @12pm

Come enjoy Community Lunch at Gordon House! \$7.50 for GNH members. Call us or email welcome@gordonhouse.org to register.

Monday, Nov. 3 - Lentil & Vegetable Stew

Friday, Nov. 7 - Meatloaf, Mashed Potatoes & Veggies

Monday, Nov. 10 - Vegetable Stir-Fry with Tofu & Brown Rice

Friday, Nov. 14 - No Lunch

Monday, Nov. 17 - Pasta Alfredo with Zucchini

Friday, Nov. 21 - No Lunch

Monday, Nov. 24 - Lentil & Vegetable Curry with Rice

Friday, Nov. 28 - Salisbury Steak, Mashed Potatoes & Veggies

Neighbourhood News Mondays @11am

Start your week on a positive note and catch up on local happenings! At Neighbourhood News, we'll be sharing and discussing local news & events in the West End and around town.

QMUNITY Gathers: at GNH Mondays @1pm

A low-key social gathering for 55+ 2SLGBTQIA Older Adults to meet new people, check in and enjoy the company of others in a safe space. Prepackaged snacks, tea, coffee, and juice, provided by QMUNITY. This is a drop in program, no RSVP required.

Mending Monday Mon, November 17 from 1-3pm

Come bring in your well-loved piece of clothing for Crafty Neighbour Mary to repair, or bring your own mending to work on! This is an open-door program for all things mending.

Qi Gong/Moving Meditation

Fridays @10am

Heal, relax & energize your body, mind & spirit with easy movements, breath & intention. Tap into your fountain of youth with our volunteer Christine. Class is back at GNH in October.

Choose to Move

Friday Nov. 7, 21 & 28 @11am

Participants design a personalized physical activity program with a certified Activity Coach to build the habit of physical activity over an 8-week program, and are provided the tools, skills, and resources to start moving again.

Seniors' Karaoke

Fridays, 1-3pm

Bring out your inner singer at Seniors' Karaoke! We gather to sing a variety of songs together, from classic hits to modern chart-toppers. Microphones provided!

Move, Groove, Strength & Stretch

Saturdays @10am

Join us for a 2-part fitness class starting with 30 minutes of low-impact, dance-infused, cardio fitness that gets your body moving followed by 30 minutes of strength, balance and flexibility exercises using resistance bands. All levels welcome.

Seniors Safety & Technology Talk

Fri. Nov. 14 @10am

Join us for Seniors Safety & Technology presentation from SafeLink Canada and learn about their simple smartwatch that helps older adults stay independent with SOS alerts, fall detection, GPS tracking, and health monitoring. Please email lindsay@gordonhouse.org for more information and to register.

Annual General Meeting Wednesday, November 26 @6pm

Join us for our Annual General Meeting to reflect on the past year, celebrate community achievements, and look ahead to exciting plans for the future. Membership required to attend, please RSVP at welcome@gordonhouse.org or 604-683-2554.

Supported Stretch & Strength **Thursdays @10am**

Improve your flexibility, mobility and increase muscle mass with slow movements that stretch and strengthen. Functional exercises are performed seated, in a chair, or holding on for stability. Suitable for seniors with mobility challenges and osteoporosis.

Matinee Movies **Thurs., Nov. 6 & 27 @1:30pm**

Join us for movies at Gordon House Thursdays at 1:30pm. Each month we will screen a modern release and a classic film. Popcorn provided!

Book Club **Thurs., Nov. 13 @1:30pm**

Join us for Gordon House Book Club. Each month the group will select and read a title and come together to discuss as group. Book titles will be announced each month and pre-registration is required, please email lindsay@gordonhouse.org to join.

Flow Yoga with Tegan **Thursdays @4:30pm**

Beginner-friendly Vinyasa mat yoga class, focused on moving with your breath with flows that are restorative and strength building poses that will include downward dog and plank. Please bring your own mat and blocks as our supply is limited.

Knitting Workshop Nov. 12, 19 & 26

Come join the Crafty Neighbours for a 3-Week Knitting Workshop November 12, 19 & 26 from 1:30-3:30pm. All levels welcome to come learn to make fingerless gloves & headbands, we supply the yarn, needles, refreshments & guided instructions. Pre-registration required, please email Lindsay@gordonhouse.org. This workshop is made possible through Neighbourhood Small Grants funding.

Chair Yoga **Class Resumes Tues., Nov. 18 @10am**

Join us for a weekly chair yoga class with to improve your mind, body, mobility, flexibility & strength.

Seniors' Lounge **Tuesdays @1:15pm**

Connect with your community in person or online and meet your neighbours at seniors' lounge, a weekly social gathering sharing their knowledge, insights and support. Seniors' Lounge is hosted by Peer Support Trainer, Grace Hann.

2SLGBTQIA+ Gen Yoga at GNH **Wednesdays @9:30am**

Join instructor Adriaan for a safe space to practice Hatha Yoga for 55+ 2SLGBTQIA+ people. This program is run by **QMUNITY** and hosted at Gordon Neighbourhood House for their members. Please note participation in this class will be reserved for 2SLGBTQIA+ seniors only. For more information, please contact seniors@qmunity.ca or call 604-684-5307.

Crafty Neighbours **Wednesdays, 1pm-3pm**

Join us for a weekly social gathering that connects our knitting, crocheting, and sewing community members and other creative folks to share their talents. Donations of yarn to support our projects are gratefully appreciated. Please drop off at Gordon House's front desk.

Yoga with Rachel **Wednesdays @3:30pm**

A slow-paced flow yoga practice that connects breath to movement to build flexibility and release tension. This class will focus on ground-based postures, gentle stretching, and relaxation techniques to promote a calming and grounding experience. Please bring your own mat as our supply is limited.

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Move, Groove, Strength & Stretch
2	3 Neighbourhood News Community Lunch QMUNITY Gathers: at GNH	4 Senior's Lounge	5 2SLGBTQIA+YOGA Crafty Neighbours Yoga with Rachel	6 Supported Strength & Stretch Movie Matinee Flow Yoga w. Tegan	7 Qi Gong Choose to Move Community Lunch Seniors' Karaoke	8 Move, Groove, Strength & Stretch
9	10 Community Lunch QMUNITY Gathers: at GNH	11 CLOSED FOR REMEMBRANCE DAY	12 2SLGBTQIA+YOGA Crafty Neighbours Yoga with Rachel	13 Movie Matinee Book Club Flow Yoga w. Tegan	14 Qi Gong Seniors' Karaoke	15
16	17 Community Lunch QMUNITY Gathers: at GNH Mending Monday	18 Senior's Lounge	19 Crafty Neighbours 2SLGBTQIA+YOGA Yoga with Rachel	20 Supported Strength & Stretch	21 Qi Gong Choose to Move Seniors' Karaoke	22 Move & Groove/ Strength & Stretch
23	24 Neighbourhood News Community Lunch QMUNITY Gathers: at GNH	25 Senior's Lounge	26 Crafty Neighbours 2SLGBTQIA+YOGA Yoga with Rachel Gordon House AGM	27 Supported Strength & Stretch Movie Matinee Flow Yoga w. Tegan	28 Qi Gong Community Lunch Seniors' Karaoke	29 Move & Groove/ Strength & Stretch